



MEDIA RELEASE

STATE OF TENNESSEE
DEPARTMENT OF MENTAL HEALTH &
DEVELOPMENTAL DISABILITIES

FOR IMMEDIATE RELEASE
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MENTAL HEALTH CRISIS SERVICES EXPAND IN MIDDLE TENNESSEE *Crisis Stabilization Unit Opens in Nashville*

NASHVILLE—The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) announces the opening of a crisis stabilization unit (CSU) in Metro Nashville/Davidson County. Funds were awarded to the Mental Health Cooperative to establish and operate the first CSU in Middle Tennessee. The CSU will provide 24-hour, 7 days a week, short-term (up to 72 hours) stabilization mental health services to residents of nine counties including Cheatham, Davidson, Dickson, Montgomery, Robertson, Rutherford, Sumner, Williamson, and Wilson.

This essential service will benefit individuals in need of intensive, 24-hour mental health treatment provided in a less restrictive setting than a psychiatric hospital or other treatment resource. CSU services include assessment, triage, medication management, and group and individual therapy.

“It is important that individuals have appropriate care in the least restrictive environment possible,” stated TDMHDD Commissioner Virginia Trotter Betts. “CSU’s are structured to stabilize high-risk individuals and strengthen clients’ own coping skills while allowing them to remain in the community close to their essential support system.”

“A main goal of the CSU is to divert clients, when clinically appropriate, from psychiatric inpatient hospitalizations and unnecessary incarcerations stemming from their behavioral health conditions,” stated Candace Gilligan, TDMHDD Executive Director of Managed Care. “The excellent staff of the Mental Health Cooperative is highly trained and qualified and will provide the best care possible to residents of middle Tennessee in need of these crucial services.”

“This CSU is a full service facility where clients will receive the assistance often found only in a psychiatric hospital, helping them to stabilize and get back to living a productive life,” said Pam Womack, CEO, Mental Health Cooperative. “This is a win-win situation that will truly benefit clients, providers, and the Middle Tennessee community.”

The Mental Health Cooperative’s CSU is located at 1034 West Eastland Avenue in east Nashville and will begin providing services on Monday, April 9, 2007. Volunteer Behavioral Healthcare System will open a CSU in Cookeville later in April.

For more information on CSU’s or additional mental health information, please contact TDMHDD’s Office of Public Information and Education at (615) 253-4812 or visit www.state.tn.us/mental.

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